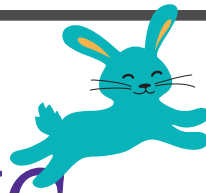




Friendship Heights

VILLAGE NEWS



APRIL 2015

301-656-2797

VOLUME 29, NO. 11

Rosie the Riveter,
see Calendar page

Welcome spring with Van Gogh & Matisse

Join us on **Wednesday, May 20**, as we travel to Richmond for a special luncheon and visit to "The Art of the Flower" exhibit at the Virginia Museum of Fine Arts.

With more than 60 paintings by more than 30 artists, the exhibit explores the evolution of French painting from the mid-1700s through the early 20th century. It features works by Van Gogh, Manet, Matisse, Eugène Delacroix, Gustave Courbet, Henri Fantin-Latour, Antoine Berjon and Simon Saint-Jean.

Prior to our tour, we'll enjoy a special luncheon in the museum's magnificent Marble Hall. Our menu includes tarragon grilled chicken with jasmine rice, asparagus with Hollandaise, and chocolate fudge pie for dessert. Choice of coffee or tea is also included. You'll also have time to visit some of the museum's permanent collections, as well as its fabulous gift shop.

We'll depart from the Village Center at 9 a.m. and should return by 8 p.m. The cost of the trip, which includes round-trip transportation, admission to the museum and the Art of the Flower exhibit, lunch and all taxes and gratuities, is \$108.

Residents and one guest may sign up immediately. Nonresidents may sign up beginning April 16.



White House correspondent to speak at the Center

Award-winning White House correspondent and presidential historian Kenneth Walsh will discuss his new book, *Celebrity in Chief: A History of the Presidents and the Culture of Stardom*, at the Village Center on **Thursday, April 30, at 7:30 p.m.**

Mr. Walsh describes in detail the presidents who have been cultural superstars and those who have fallen short, and discusses what effect this had on their presidencies. His book takes a detailed and comprehensive look at the history of America's presidents as "celebrities in chief" since the beginning of the Republic. Mr. Walsh has covered the White House for *U.S. News & World Report* since 1986 and is the author of seven books. He is also former president of the White House Correspondents' Association.

Copies of the book will be available for purchase for \$25—cash or check only please. Please call 301-656-2797 to register.

Celebrate Friendship at Community Day

Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center on **Monday, April 13, from 6:30 to 8 p.m.** During this year's celebration of the 29th anniversary of the opening of the Village Center, we'll feast on delicious barbeque and listen to great music. Famous Dave's will provide two different types of delicious barbeque — including chicken and beef— with all the fixin's. In addition, the Dixie Stompers will entertain us with some New Orleans Swing.

Katharine Gibbs: pioneer entrepreneur

Katharine Gibbs founded her business school in 1911 when women didn't have the vote, were not welcome in the business world, and a Harvard Medical School doctor said that higher education could cause the uterus to atrophy!

Rose A. Doherty, a former English faculty member and academic dean at Katharine Gibbs School as well as Assistant Dean and Director of Liberal Arts and Criminal Justice programs at Northeastern University's University College, will discuss her book, *Katharine Gibbs: Beyond White Gloves*, at the Village Center on **Thursday, April 16, at 7:30 p.m.**

Last year Katharine Gibbs was chosen as one of the National Women's History Month honorees. Please join us for an interesting evening; sign up by calling 301-656-2797. Copies of the book will be available for purchase.

CHILDREN'S PROGRAMS

Cultural crafts and art fun for the Whole Family

Families are invited to join in an afternoon of art when we present our Children's Art in the Park fair on **Saturday, May 9, from 12:30 p.m. to 2:30 p.m.** During the day, children can try their hands at several art projects led by teachers and counselors from our summer children's art camp. Apple Dumpling the Clown will also be on hand for face painting and balloon sculpting. In the event of inclement weather, the program will be moved into the

Village Center. Admission is free, and art projects are available on a limited basis.

Play ball!

We still have some tickets for the Washington Nationals game on **Saturday, May 9**, when they play the Atlanta Braves.

We will leave the Village Center at 2:45 p.m. The cost of the trip, which includes a seat in Section 135 (closest area to the field), transportation and driver gratuity, is \$77.

"It was inspirational and educational, a performance that I encourage everyone to see and all of us to learn from."
—Donna Karan, creator of DKNY

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—Chi Cao, principal dancer for Birmingham Royal Ballet

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the May issue is April 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Lunch at L'Auberge

Our trip to L'Auberge Chez Francois, canceled in February due to snow, has been rescheduled for **Wednesday, April 29**. Join us for a leisurely four-course luncheon, including a glass of wine, in the wonderful farmhouse setting.

We'll leave the Village Center at 10:45 a.m. and return by 3 p.m. The cost of the trip, which includes round-trip transportation, four-course luncheon, all taxes and gratuities, is \$78. Those who signed up for the February trip may sign up immediately at the Village Center. All others may sign up beginning April 9.

There are 29 spaces available.

The Village Book Club will meet this month on **Tuesday, April 21, at 11 a.m.** The book selection is *Orphan Train* by Christina Baker Kline. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

An inspirational story of meeting life's adversities

Sheridan Gates was diagnosed with Stargardt's disease, a juvenile form of macular degeneration, in her early 20s. She will share her story of gaining insight after losing sight at the Village Center on **Monday, April 27, at 7:30 p.m.** when she discusses her book, *Losing Sight, Finding Vision: Thriving Throughout Life's Lasting Losses*.

Ms. Gates is an executive coach, trainer, consultant to teams and organizations, and the principal of Purpose At Work. She has over twenty years of experience working with individuals, including leaders, in career renewal, effective collaboration, and thriving at work. She has reinvented her career three times as she forged a path of integration between her professional life, her declining vision, and her budding spirituality.

Copies of the book will be available for purchase for \$20, cash only please. Call 301-656-2797 to register for this inspiring evening.

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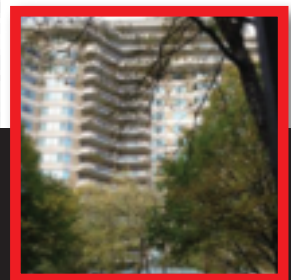
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Tea and Talk: Lincoln scholar to speak at Center

Dr. John Elliff will present a program titled "Lincoln's Last 100 Days" on **Friday, May 1, at 2 p.m.**

This year marks the 150th anniversary of Abraham Lincoln's death on April 15, 1865. During his last one hundred days, President Lincoln delivered his eloquent 2nd Inaugural Address, won Congressional approval of the 13th Amendment abolishing slavery, held key meetings with enemy negotiators and Union Generals Grant and Sherman, visited the fallen Confederate capital at Richmond, and prepared for reuniting the country and protecting freed slaves. This lecture will cover what happened and clues to what might have happened if he had lived.

John Elliff taught American Government at Barnard College and Brandeis University before serving for 35 years in various government positions. His articles on Lincoln have appeared in the *Journal of the Abraham Lincoln Association*, the *Lincoln Forum Bulletin*, and *The Lincolnian*. He is a member of the Lincoln Group of DC and a National Park Service volunteer at Ford's Theatre.

After the program, please stay for tea. Call 301-656-2797 to register.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program.

Thursday, April 2, 7 p.m. — Movie — *My Old Lady*

— Mathias Gold is a down-on-his-luck New Yorker who inherits a Parisian apartment from his estranged father. But when he arrives in France to sell the vast domicile, he's shocked to discover a live-in tenant who is not prepared to budge. Stars Kevin Kline, Maggie Smith and Kristin Scott Thomas. Rated PG-13. Running Time: 107 minutes.

Thursday, April 9, 7 p.m. — Movie — *Birdman* —

Former cinema superhero Riggan Thomson is mounting an ambitious Broadway production that he hopes will breathe new life into his stagnant career. As opening night approaches, a castmate is injured, forcing Riggan to hire an actor who is guaranteed to shake things up. Stars Michael Keaton and Ed Norton. Rated R. Running Time: 119 minutes.

Thursday, April 16, 7:30 p.m. — Book Signing with *Rose Doherty* — see page 1 for details.

Thursday, April 23, 7 p.m. — Movie — *Foxcatcher*

—Based on true events, *Foxcatcher* tells the dark and fascinating story of the unlikely and ultimately tragic relationship between an eccentric multi-millionaire and two champion wrestlers. Stars Steve Carrell, Channing Tatum and Mark Ruffalo. Rated R. Running Time: 92 minutes.

Thursday, April 30, 7:30 p.m. — Book Signing with *Ken Walsh* — see page 1 for details.




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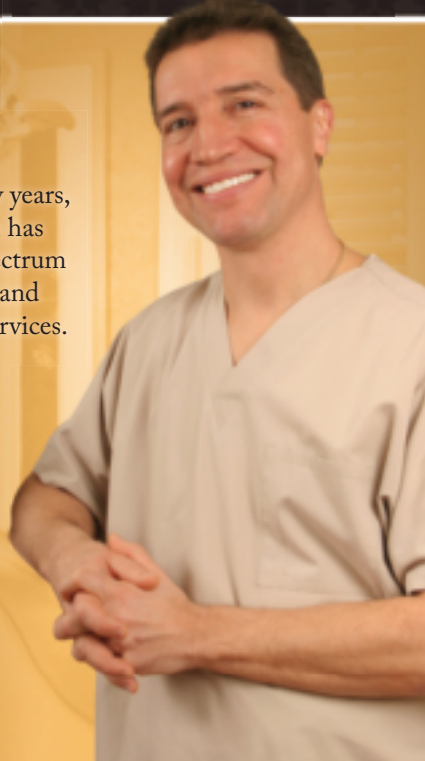
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ART and CULTURE



Sumi-e painting by Bok Kim

Watercolor artist to exhibit in April

The paintings of Bok Kim, who works primarily in watercolors, particularly in Sumi-e style brush painting on rice papers, will be on display in the Friendship Gallery this month. She has exhibited nationally and internationally and has won numerous awards.

The exhibit runs from March 30 to May 3. The public is invited to meet the artist at a reception on **Sunday, April 12, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive.

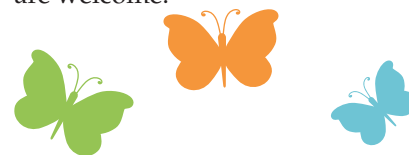
Come for lunch and stay for a concert

Enjoy a three-course lunch followed by a concert by Village favorite Eric Abrahamson at the Center on **Wednesday, April 22.**

Our luncheon will begin at **12 p.m.** Prepared by Sunrise Brighton Gardens Chef Laté Lawson, the menu will be soup, salad, shepherd's pie, roasted vegetables, and cheesecake.

After lunch, please stay for a concert of Ragtime and Tin Pan Alley hits performed by Eric Abrahamson. Mr. Abrahamson is a veteran of the music business in California where he is the music director for Knott's Berry Farm and Cedar Fair Parks and frequent entertainer on Main Street in Disneyland. The concert begins at **1 p.m.**

The cost for lunch is \$14; please sign up at the Center by April 17. There is no cost for the concert — all are welcome.



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Friendship Heights
Village Center



Calendar
of Events

2015

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>Young artists at play</h2> <p>Our annual children’s summer art camp, run by curator Millie Shott, will take place Monday, June 22 through Friday, June 26, from 9:30 a.m. to 1 p.m. daily at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up at the Village Center.</p>			<div>1</div> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Antonio Guiliano</p>	<div>2</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: My Old Lady</p>	<div>3</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<div>4</div> <p>8:15 a.m.: Walking Club</p>
<div>5</div> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> 	<div>6</div> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse</p>	<div>7</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<div>8</div> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: “Boosting Your Brain Power” 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Friday Morning Music Club</p>	<div>9</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Birdman</p>	<div>10</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<div>11</div> <p>Saturday, April 11 8:15 a.m.: Walking Club 9:30 a.m. – 12:30 p.m.: Managing Parkinson's Disease 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<div>12</div> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<div>13</div> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training 6:30 to 8 p.m.: Community Day celebration</p>	<div>14</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 p.m.: iPhone ABCs 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Introduction to Music Theory 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<div>15</div> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Tales in the Village: Nick Newlin</p>	<div>16</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Rose Doherty: Katharine Gibbs</p>	<div>17</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<div>18</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography 12 p.m.: Landon Percussion Ensemble</p>
<div>19</div> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<div>20</div> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<div>21</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: iPhone ABCs 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Introduction to Music Theory 7 p.m.: Pilates</p>	<div>22</div> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 12 p.m.: Special Lunch 1 p.m.: Special Concert 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Emil Chudnovsky</p>	<div>23</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Foxcatcher</p>	<div>24</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<div>25</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<div>26</div> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<div>27</div> <p>10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Sheridan Gates: Losing Sight, Finding Vision</p>	<div>28</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 2 p.m.: Facebook Workshop 3 – 4 p.m.: Tea 6 p.m.: Introduction to Music Theory 7 p.m.: Pilates</p>	<div>29</div> <p>10:15 a.m.: Yiddish 10:45 a.m.: Depart for L'Auberge Chez Francois 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Mini-Musicals on the Move: Guys and Dolls</p>	<div>30</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Kenneth Walsh: Celebrity in Chief</p>		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Landon Presents Percussion Performance

The Landon Percussion Ensemble offers a rousing performance in percussion on **Saturday, April 18, from noon to 1:30 p.m.**, for a fun program and stay for tea. The program includes the following pieces: *Strateejurie* by Chris Brooks; *Mark Time* by Neil Iarrivee; *Danielle’s Cha Cha Cha* by Lalo Davilla; *Count de Monet* by Chris Brooks; *Funeral March for a Marionette* by Charles Gounod arr. by David Steinquest; *Gypsy Dance* by James Campbell; *Sinister Minister* by Bela Flek; *Bayport Sketch* by Jared Spears; *Linstead Market Traditional Jamaican Folk Song* and *Shock Factor* by Nathan Daughtrey. This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

Have tea with Rosie the Riveter!

Come to the Village Center on **Wednesday, May 6, at 1 p.m.**, for a fun program and stay for tea. During World War II, women joined the U.S. workforce by the millions to replace men who had gone off to fight. Award-winning actress and Smithsonian Scholar Mary Ann Jung presents the story of Rosie the Riveter through the eyes of Rose Leigh Monroe who worked at the largest aircraft factory in the world, Willow Run in Michigan. Who was the real Rosie? The answer is riveting! RSVP to 301-656-2797.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins April 20. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends July 6 (class will not meet May 25 and June 22).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins April 2 (start date changed due to snow cancellations last session). Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends June 4. Minimum number of students is 10; maximum is 14.

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on five of the most influential and fascinating American composers: Harry Warren, "Hooray for Hollywood"; Richard Rodgers, One Man and His Lyricists"; "The Fascinating Odyssey of Vernon Duke and Kurt Weill"; and, "George Gershwin, American Hero." The 4-week course begins May 20. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends June 17 (will not meet June 10). A musical performance by Mr. Eaton highlights each session. Light refreshments will be served.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Lew

Berry, begins May 2. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Session ends June 27 (class will not meet May 23).

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins April 18. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students must have a digital camera and a flash drive. Session ends May 30 (class will not meet May 23).

INTRODUCTION TO MUSIC THEORY **NEW!**

This 6-week course, taught by Smriti Hakkarinen, begins April 14. Meets on Tuesdays, from 6 to 7 p.m. Topics include musical notation, scales, rhythms, key signatures, intervals and understanding basic musical forms. Cost is \$75 for residents; \$80 for nonresidents.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins April 15. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is May 20.

STILL LIFE PAINTING

An 8-week course taught by Joan

Samworth begins May 28. For all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please). The cost is \$150 for residents; \$165 for nonresidents. Last class is July 23 (class will not meet June 25).

COMPUTER EDUCATION

IPHONE ABCS **NEW!**

This two-week session will meet Tuesday, April 14 and 21 from 2 to 3:30 p.m. The classes, taught by TechMoxie, will cover what you need to know about your iPhone: making calls, setting up contacts, texting, adjusting settings for volume and brightness. We will also cover additional functions such as FaceTime (video chatting), taking pictures, writing and recording notes, and adding Apps that will make your iPhone even more fun and useful! Handouts with written instructions will be provided. Bring your iPhone. Maximum of 15 students. Cost is \$40.

FACEBOOK

This two-week session meets on Tuesday, April 28 and May 5, from 2 to 3:30 p.m. Hands-on workshop, taught by TechMoxie. We will walk through the steps to set up your Facebook account. Learn how to adjust privacy settings, Facebook etiquette, finding "friends" and how to post pictures and updates. Handouts with written instructions will be provided. Maximum of 15 students. Bring to class: Laptop or tablet with wifi capability. As part of the Facebook sign-up process, you will need access to your email or

text messages. Questions? Call Pam Holland at 301.520.7671 Cost is \$40.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 7-week class begins April 21. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends June 2. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins April 22. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends June 3.

HEALING QIGONG

A one-time workshop on Thursday, May 7, from 6 to 8:45 p.m. Open to anyone with an interest in holistic health disciplines, qigong and tai chi. Beginners and advanced students are welcome. Center instructor Laoshi Taj Johnson will introduce Master Joe Lok who teaches and practices Wu Dang Tai Chi in Hong Kong. Master Lok will lead the workshop. Cost is \$60.

MAT PILATES

The 6-week session begins April 21. Meets Tuesdays from 7 to 8 p.m. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends May 26. The instructor is Ginger Russell.

MEMORY AND MOVEMENT

This 6-week class begins April 17. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help your short-term memory and balance. The exercises are specially designed to target brain health as well as physical strength. The cost is \$65 for residents; \$70 for nonresidents.

Session ends May 22.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins April 23 (start date changed due to snow cancellations last session). Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends May 28. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins April 21. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends May 26.

STRENGTH TRAINING WITH TONYA

This 6-week class begins May 18. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 13 (class will not meet May 25, June 22 and July 6).

YOGA WITH ROBIN (Day)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins April 26. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$110 for residents; \$115 for nonresidents. Session ends June 21 (class will not meet May 24).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

GREAT BOOKS DISCUSSION

Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SPEECH SUPPORT

Sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

VILLAGE PLAY TIME

Toys and play equipment are set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for details. See page 13.775

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883.

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, April 1 — Antonio Giuliano — As a member of The United States Army Chorus since 1988, Master Sergeant Antonio Giuliano has represented his country as a soloist and performed for heads of state, kings and queens, and presidents worldwide. He served as soloist at the funeral services for President Ronald Reagan.

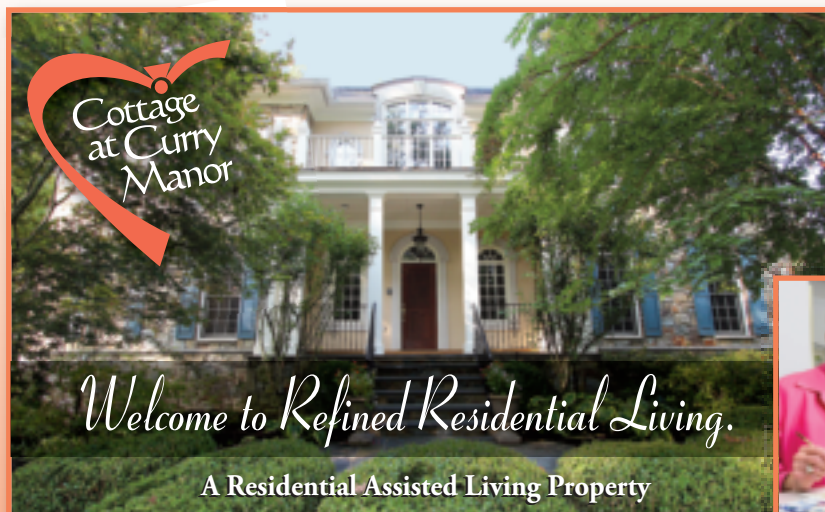
Wednesday, April 8 — Friday Morning Music Club — The program presents diverse ensembles with cello duo, wind quintet, and voice/flute/piano trio in the following: Schumann: *Fantasiestücke*. Valerie Matthews, cello; Victoria Bragin, piano; Samuel Barber: *Summer Music* for wind quintet, op. 31. Gwyn Jones, flute; Jeff Kahan, oboe; Alisha Coleman, clarinet; Eric Hall, bassoon; Wendy Chinn, horn; Jan Brandts-Buys: *Drei Lieder*, op. 20. Gustave Doret: *Mirage*. Adolphe Adam: *Variations on a Theme of Mozart* ("Ah! Vous dirai-je, maman"), arr. Schmidt; and Deborah Thurlow, soprano; Susan Hayes, flute; Barbara Peterson

Cackler, piano.

Wednesday, April 15 — Tales in the Village — This monthly program, produced by Ellouise Schoettler, features local and nationally known storytellers.

Wednesday, April 22 — Emil Chudnovsky — Violinist Emil Chudnovsky is a nine-time international competition winner and laureate. An experienced soloist, he has recorded six CDs, performed recitals and concerts in over 30 countries.

Wednesday, April 29 — Mini-Musicals on the Move presents Guys and Dolls — Mini Musicals has adapted this wonderful Tony-winning musical to a one hour performance that includes storytelling, singing, dancing, and sing-a-longs. *Guys and Dolls* premiered on Broadway in 1950 and ran for 1200 performances.



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TO YOUR HEALTH

Save Your Sight and Perhaps Your Life

The February Lunch and Learn program, which was canceled because of the weather, has been rescheduled for **Thursday, April 16, at 12:30 p.m.** Dr. Miriam Fishman, cardiologist, and Dr. Lauren Taney, ophthalmologist/retina specialist, will discuss the connection between your eye exam and your heart health. Learn how changes in the back of the retina offer information about coronary artery disease, stroke, diabetic retinopathy and other concerns.

Sponsored by The Prevention of Blindness Society and the Village of Friendship Heights. Please register in order to reserve a light lunch by calling 301-656-2797.

Managing Parkinson's

Please join us for a symposium on managing Parkinson's Disease (PD) on **Saturday, April 11, from 9:30 a.m. to 12:30 p.m.**, at the Village Center. Learn about managing non-motor symptoms, visual problems, creating a management plan and the Lee Silverman Big and Loud program. Speakers include Dan Gold MD, Kelly Mills MD, Becky Dunlop RN MS all of Johns Hopkins Medicine and Karis Kavendar, P.T. of Sibley Memorial Hospital.

This program is presented by the Village of Friendship Heights in partnership with Sibley Senior Association, Johns Hopkins Parkinson's Disease and Movement Disorders Center, the Prevention of Blindness Society of Metropolitan Washington and the Beacon Newspapers. Free parking provided by Courtyard by Marriott (outside deck only.)

Please call 301-656-2797 to let us know if you plan to attend.

Boosting Your Brain Power

Keeping your brain healthy and enhancing your memory are key to physical vitality. Join Leni Barry, Suburban Hospital HeartWell Nurse, for an engaging discussion on how to strengthen your mind at this month's health lecture at the Village Center on **Wednesday, April 8, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

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Back Pain Alleviated With Stem Cell and Platelet Rich Plasma (PRP) Treatment

Submitted by Mayo Friedlis, MD
StemCell ARTS, an Affiliate of
National Spine and Pain Centers

Back pain can dramatically impact a patient's quality of life, from restricting everyday mobility to affecting a person's ability to work. However, biologic regenerative treatments are beginning to gain widespread acclaim by helping many patients avoid surgery, or through optimizing post-op healing.

Back Pain: Causes and Traditional Treatments

There are five main sources of back pain: disc, joint, muscle, ligament or nerve. Common diagnostic tests, such as x-rays and MRIs, are often used to pinpoint damage. Traditional back pain treatments include cortisone injections, radio-frequency denervation to desensitize the nerve, and in severe cases, surgery. While often effective, typically these treatments do not relieve pain for long periods of time. Fortunately, new options are available.

Treating Back Pain with Biologic Regenerative Treatments

Biologic regenerative treatments use the body's natural healing process to create a long-lasting solution to back pain. Now, a more advanced stem cell and platelet protocol is available: Regenexx, offered exclusively by 23 clinics around the U.S.

The Regenexx protocol includes:

- **Stem Cell Therapy** that uses stem cells available in a patient's own body to help repair tissue. This process harvests Mesenchymal Stem Cells (MSC) from the patient's hip bone to improve healing outcomes for tendons and ligaments.
- **Platelet Rich Plasma (PRP)** that uses growth factors in a patient's own blood to start the healing process by attracting repair cells, including critical stem cells.
- **Platelet Lysate** uses super concentrated platelet (SCP) that uses a high concentration of growth factors released immediately to the site of injury. The result is a targeted, faster healing process.
- **Prolotherapy** that contains a solution of concentrated dextrose and local anesthetic to stimulate the

body's natural ability to strengthen tendons and ligaments and encourage new tissue growth, while also providing a positive environment for stem cell placement.

This enhanced Regenexx protocol also offers the following benefits:

- Regenexx produces higher concentrations of stem cells and growth factors
- The Regenexx Network of

Physicians continuously strive for improvement by tracking actual patient outcomes to adjust treatments for optimal results.

Does Degree of Injury or Age Impact Success?

Patients experiencing conditions that include heavy damage to cartilage, tendons or ligaments are seeing positive results following regenerative treatments. Elderly patients, up into their 70s-80s, are

also responding well. As the body ages, the number of stem cells produced decreases. The body compensates for the decreased number of stem cells by increasing the healing receptors in the body.

The key to benefiting from biologic regenerative treatments is to seek out a Regenexx-certified physician. A physician trained in Regenexx protocol is one of the best ways to maximize results when treating back pain with regenerative treatments.



Patient Education Seminar

ALTERNATIVES TO SURGERY: Using Your Own Stem Cells to HEAL YOUR BODY

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

FREE Patient Education Seminars

McLean, VA

TUESDAY, MARCH 31, 2015
6:00pm to 8:00pm

Chevy Chase, MD

WEDNESDAY, APRIL 15, 2015
6:00pm to 8:00pm

RSVP

301.284.8864
www.StemCellARTS.com

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Chevy Chase, MD 20815

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Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Top Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

Cafe Muse presents...

This month's Café Muse, on **Monday, April 6, at 7 p.m.**, features poets Gary Stein and Naomi Thiers.

Gary Stein is author of *Between Worlds* and his poems have appeared in *Poetry*, *Prairie Schooner*, *Poet Lore*, *Gargoyle*, *The Journal of the American Medical Association*, and *The Potomac Review*. He coedited the poetry anthology, *Cabin Fever*, served as Book Review Editor for *Poet Lore*, and holds an M.F.A. from the Iowa Writers' Workshop. He's taught Creative Writing in area high schools and colleges and currently works as a lawyer in the D.C. metropolitan area.

Naomi Thiers is the author of three books of poetry, *Only The Raw Hands Are Heaven*, *In Yolo County* and *She Was a Cathedral*. Her poetry, fiction, book reviews, articles, and interviews have been published in *Virginia Quarterly Review*, *Poet Lore*, *Colorado Review*, *Pacific Review*, *Potomac Review*, *Grist*, *Sojourners*, and many other magazines. Her poetry has been nominated for a Pushcart Prize and featured in anthologies, and she is a former poetry editor of *Phoebe* magazine. She works as an editor with *Educational Leadership*.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.



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Left to Right: **R. Andrew Didden Jr.**,
Melissa D. Hennessy, **Angela M. Beckham**

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Village Council Corner

Council member Al Morris resigns

Village Council member Alvan Morris, D.D.S., resigned last month after 12 years of service. In addition to serving as Council Treasurer, Al was instrumental in upgrading and beautifying the landscaping in our parks. Al worked tirelessly with the landscaping contractor and Village staff to make sure our gardens and hanging flower baskets were in great shape every year. He was also a strong advocate for playgrounds for Village children.

In 2006, Al led a successful effort at the state legislature (working with Maryland Delegate Susan Lee) to require all public high schools in Maryland to have defibrillators on site. The Village Center also offered courses on CPR/AED training under Al's leadership. Thank you Al for your years of dedicated service to the community!



Council approves FY 2016 Village Budget

At its March 9 meeting, the Council unanimously approved the Village Budget, **keeping the tax rate at 4¢ per \$100 of assessed property value for the tenth consecutive year, the lowest rate allowed under our charter.** The budget is summarized below:

TOTAL REVENUES	\$2,115,313
EXPENDITURES	
General Government	1,205,051
Public Safety	104,400
Public Works	557,850
Health/Education/Social Services	12,000
Recreation and Parks	247,000
TOTAL OPERATING EXPEND.	\$2,126,301
Surplus/(Deficit)	\$(10,988)
TOTAL EXPENDITURES	\$2,115,313

Other Council actions at the March 9 meeting:

- Appointed election judges for May 11 Village Council election;
- Approved three-year proposal from Culler Irrigation for fountain and irrigation maintenance in Humphrey Park, Willoughby Park, and 4602 North Park Avenue.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

April 2015 events calendar